

Parkway Wellness Assessment

Students at all levels are not having physical activity be a portion of any discipline or punishment. Most of the physical activities for our high school and middle school students come from participating in the Ohio High School Athletic Association men and woman sports programs. Some of our physical activity in the high school and middle school takes place in our physical education classes. Students and staff members do walk the hallways before school starts in the morning. At our elementary school, students' physical activities occur during physical education classes and during recess time. The physical footprint of our building has been mapped out and students, staff, and community members walk our hallways throughout the calendar year.

Our schools' schedules and alternate schedules do not cause any disruption to the mealtimes. We set aside a minimum of thirty minutes each day for students to have their lunch. Students are not pulled from this lunch time for activities. Students may attend meetings with various groups during lunchtime, but students are always provided the opportunity to eat during the meeting.

Several of our staff members do eat in our cafeteria area. This allows for them to model the healthy eating habits our school lunch provides.

We have a cashless system in place with each student receiving a personal identification number to purchase their lunch. This system eliminates any stigma or identification as all students, including free and reduced meal students, enters their personal identification number when taking a lunch.

Students are encouraged each day by our cafeteria staff and health class teachers to increase their consumption of healthful foods.

The district is meeting the good health and nutrition guidelines that are outlined by the State.

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